

Fairfax Station CONNECTION Clifton & Lorton



The cast of Workhouse Arts Center's "Man of La Mancha" gets some stage direction during rehearsals before a show.

'Man of La Mancha' In Lorton

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Lee District: 2018 Paves Way for Successful 2019

BY SUPERVISOR JEFF MCKAY
(D-LEE DISTRICT)

In 2018, Lee District saw major successes. I am very proud of the things we have accomplished this year, and 2019 will be no exception.

Since January, we have successfully completed additional pedestrian and road improvements in the Route One Corridor, increased our momentum with the Embark Comprehensive Plan Amendment, and continued the revitalization of Springfield. We've made headway for renewable energy, secured funding for many transportation projects throughout our district, and worked towards ensuring that every person in Fairfax County has an equitable opportunity to succeed thanks to an increased presence of One Fairfax and my work on the Successful Children and Youth Policy Team (SCYPT).

During my time as Supervisor, I have always made it my mission to revitalize the Route One Corridor. This year, we passed our years-in-the-making Embark Comprehensive Amendment Plan, a plan to revitalize the Route One



Community Schools: Among priorities - advocating for more state K-12 education spending for our students.

Corridor by way of incorporating a Bus Rapid Transit (BRT) System, widening Route One, and attracting businesses in the region. We have approved pole-mounted speed display signs, an effective traffic calming mechanism, and additional "Slow Down, You Live

Here, We Live Here" signs across our district to combat speeding.

In addition to the headway we've made with the Embark Plan, we continue making strides in revitalizing Springfield as well. Earlier this year, the Board adopted a Plan Amendment to make it easier

to fill vacant retail spaces. This was something I championed because, as the future of retail continues to change, we're going to have to be flexible to fill these empty storefronts. This comes as part of our revitalization work and will provide money for new "Welcome to

Springfield" gateway signs.

LEE DISTRICT has also seen the grand re-opening of John-Marshall Library as well as several new businesses in our area. We've seen the addition of the Transportation Security Administration (the second largest office building currently under construction in Fairfax County), and the addition of Lidl Grocery Store. Both are expected to open in 2020. With the Embark plan, Route One saw the groundbreaking for South Alex in recent weeks, a new, vibrant, mixed-use development that will feature a mix of transit-oriented shops and residences near Huntington Metro Station.

This year, we saw huge success for environmental stewardship. The Board approved the first-ever countywide Energy Strategy to protect our environment. My motion at the FY 2018 Carryover Package Review on July 31, 2018, began funding the plan, and provided \$4.5 million from the Carryover Budget (to go towards implementing the strategy). I am

SEE CHALLENGES, PAGE 6

PHOTO CONTRIBUTED



Join us for our **Second Saturday Art Walk** from 6p-9p on the second Saturday of each month. It's the perfect time to meet nearly 100 Studio and Arches Gallery Artists who create art in their studios and exhibit in our galleries. Enjoy thrilling performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in unique classes in the art of mixology or cuisines from around the world. And explore art exhibitions featuring the region's finest sculpture, painting, glass, ceramics, and fiber art.

All this excitement and more is tucked away at the Workhouse Arts Center, a 55-acre visual and performing arts center in Lorton, VA, located on the historic grounds of the former DC Correctional Facility at Lorton.

9518 Workhouse Way Lorton, VA 22079
Wed-Sat 11a-6p, Sunday 12p-5p



WorkhouseArts.org



Renderings of South County Police Station & Animal Shelter.



Workhouse Arts Center Fireworks.

PHOTOS CONTRIBUTED

In 2019, Planning Begins for Lorton 2040

BY SUPERVISOR DANIEL G. STORCK
 MOUNT VERNON DISTRICT

Happy New Year! The Lorton area of the Mount Vernon District continues to grow and transform and 2019 will see more of the same. Highlights include:

- ❖ Phase 2 of Liberty, with the adaptive reuse of the Lorton Prison
- ❖ Studying the Lorton and Silverbrook Road intersection to find solutions to improve traffic flow
- ❖ Continued planning for the South County Police Station and Animal Shelter and the Lorton Community Center
- ❖ Demolition and start of construction on new Lorton Volunteer Fire Station
- ❖ Planning for the CSX/Route 1 replacement bridge
- ❖ Creating a trail connection from Laurel Hill to the Lorton VRE Station
- ❖ Start of renovations at Silverbrook ES
- ❖ Continuing to fully support our schools

Perhaps the most important 2019 development for the Lorton area will be the launch of the Lorton 2040 Visioning Task Force. The Task Force will work in conjunction with our office and County staff to craft



Lorton Liberty Phase 2.

a Lorton 2040 Vision to guide future development, consider a Lorton Town Center and define what Lorton will become over the next 20 years.

With several new projects underway, from the adaptive reuse of the Lorton Prison site at both the Workhouse Arts Center and the Lorton Liberty sites, the new South County Police Station and Animal Shelter and the new Lorton Community Center, much

change is already underway.

The closure of the I-95 Construction Debris Landfill and the recently released RFI for continued investments at the Workhouse site offer many additional growth possibilities.

An additional focus of our office in 2019 will include the proposal of a strong environmental package aimed at protecting and enhancing our valuable ecological resources

and heritage sites. With numerous rivers and streams in the District, as well as abundant parks and wildlife, the care and preservation of our environment is particularly important to our communities. I will be advocating for the County to take a more aggressive position on these issues, including litter control efforts such as a plastic bag fee, calling for a Community Climate Action Plan and beginning resiliency planning, particularly for our shorelines. Look for more on this in the coming weeks.

As always, my office continues to look for new ways to engage with you. Our goal remains to ensure each and every South County neighbor and business owner has the opportunity to reach their full potential. TEAM MVD is committed to working with you to address your individual concerns, while working proactively to deliver a better quality of life for all District residents.

We look forward to hearing from you and seeing you out and about in 2019! Finally, join us at the 32nd Annual Town Meeting on Saturday, Feb. 2, 2019, from 7:45 a.m. – noon Mount Vernon HS to learn more about the year ahead and how you can get involved.



Lorton Community Center site.



Town Hall Meeting.

A Look at Year Ahead: Changes Under Design

BY SUPERVISOR PAT S. HERRITY
SPRINGFIELD DISTRICT

Springfield District has a lot happening in 2019. We have numerous transportation, school and park projects under design and going to construction, and events for citizens to attend from student job fairs to free document shredding, to evening concerts at Burke Lake Park in the summertime.

Transportation Improvements

Since taking office, improving the transportation network for Fairfax County residents has been one of my highest priorities. Reducing traffic congestion significantly enhances residents' quality of life. Many transportation projects — some local and some regional — are moving forward. Many of these projects also include pedestrian and bicycle improvements.

Transportation projects that are progressing through design:

- Widening of the Fairfax County Parkway from four to six lanes from 123 to Route 29 with a grade separated (no light) interchange at Popes Head Road. A public information meeting is set for Jan. 7 at 6:30 p.m. at Robinson Secondary School in Fairfax. A study to look at the future of the entire Fairfax County and Franconia-Springfield Parkways is also underway. I do not see tolls in the future of the Parkway as some have discussed.

- Widening the last four lane section of Route 29 between Union Mill Road and Buckley's Gate Drive to six lanes.

- Widening Route 28 from the Prince William County line to Route 29 from four to six lanes. A public meeting will be held in early 2019; date TBD.

Transportation projects moving towards construction:

- Widening Rolling Road between Viola Street and Old Keene Mill Road from two to four lanes — construction of the first phase of this project, an additional left turn lane and dedicated right turn lane on northbound Rolling Road at Old Keene Mill Road should start this fall.

- Realigning the sharp curve on Burke Road and adding and improving pedestrian and bicycle facilities in the corridor between Parakeet Dr. and Peregrine Dr. will start the land acquisition and utility relocation processes this year.

- Work on the Express Lanes on I-66 outside the Beltway continues this year; this project includes the much-needed interchange improvements at Route 28.

Older Adults in the Community

As Chairman of the Board's 50-plus committee, I am pleased to report that we have



Springfield District Supervisor Pat Herrity (center), with (from left): Sam Donnelly Jonsson, Emily Butters, Connor Brooks, and Laura Moritz at the Teen Job Fair at West Springfield High on April 28, 2018.

PHOTOS BY STEVE HIBBARD/THE CONNECTION



About 400 people attended the Teen Job Fair at West Springfield High School on April 28, 2018.

had made great strides implementing the 50-plus Community Action Plan in response to the unique challenges of the increasing number of older adults in our County. The Plan includes 31 initiatives regarding housing, transportation, community engagement, services, and safety and health in order to make a more vibrant, active, and supporting community for older adults. In 2019, we will begin a review of the plan and assess the emerging needs of our older adults in order to update existing initiatives and implement new strategies. To learn more about the 50+ Community Action Plan visit <https://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-50-plus-community-action-plan>.

Schools

Several schools are receiving much-needed renovations districtwide. West Springfield High School and White Oaks and Cherry Run Elementary Schools are wrapping up renovation work, while Silverbrook Elementary is just getting underway.

Teen Job Fairs

Four years ago, I started hosting teen job fairs at local high schools. These well-attended job fairs are co-hosted with the Connection Newspapers, local Chambers of Commerce, and some of my colleagues on the Board. In 2019, we plan to host job fairs at West Springfield, South County, Mount Vernon, Chantilly, Oakton, and South Lakes High Schools.

Parks

Last summer, I hosted a Springfield Nights Summer Concert Series at Burke Lake Park and am happy to share that I will be doing the same in 2019. Springfield Nights not only showcases great performers from the region but also provides an opportunity to highlight some of our local high school musicians as opening acts for each evening's program. Attendees also have the opportunity to visit the recently-completed new driving range and clubhouse at the park.

This spring, the Park Authority and the Board of Supervisors will be making an important decision regarding the future of Lake Accotink. It is highly likely that voters countywide will have the ability to weigh in at the ballot box this November on the roughly \$50 million in bond funding that will be required to save the lake. Currently, the Park Authority is updating the options for the lake based on valuable feedback and suggestions it received from citizens. Lake Accotink has been an integral part of our community for decades, and I hope the community and the Board of Supervisors will support keeping the lake intact.

Public Safety

While the DEA and Fairfax County Police Department hold very successful semiannual drug take back events, twice a year has proven to not be enough. After pushing for a successful pilot program establishing a permanent prescription drug collection box at the West Springfield District Police Station, the County will be expanding this program to additional police stations early this year. This expansion will allow more members of the public to easily rid their medicine cabinets of unused medication, no questions asked, and is another step in addressing the prescription drug public health crisis.

Document Shredding

The County's Department of Public Works (DPW) hosts a free document shredding event in each magisterial district annually. The event hosted at the West Springfield Government Center has become so popular that DPW has moved this year's event to the Rolling Valley Park and Ride lot in Burke. It is set for Saturday, April 13 from 7-11 a.m. For the other locations (events are held throughout the year), visit <https://www.fairfaxcounty.gov/publicworks/recycling-trash/document-shredding>.

This is by no means a comprehensive list of what is happening in Springfield District in 2019, but some examples of the good things underway in our community. I sincerely appreciate citizens for allowing me to represent them in the Springfield District and wish readers and their families a happy and healthy new year!



Bank Robberies in Lorton And Springfield Investigated

Detectives from Major Crimes Bureau are investigating two bank robberies that occurred shortly after 2 p.m. on Thursday, Dec. 20. The first bank robbery occurred at the Bank of America located at 8096 Rolling Road in Springfield. The second bank robbery occurred at the Suntrust Bank located at 9400 Richmond Highway. During both robberies, the suspect implied a gun, demanded cash, and left the bank on foot. He was only able to obtain cash from the second bank. The suspect appeared to be the same in both robberies. The suspect is described as a black man in his 20s, 5'10", thin to me-

dium build, wearing a grey zip-up hoodie and dark pants.

If you recognize the suspect, or if you have any information about this crime, contact Major Crimes Bureau at 703-246-7800. Tips can be submitted anonymously through Crime Solvers by visiting <http://www.fairfaxcrimesolvers.org>, or calling 1-866-411-TIPS. They can also be sent in via text by texting "TIP187" plus the message to CRIMES (274637). Text STOP to 274637 to cancel, or HELP to 274637 for help. Message and data rates may apply. Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 if their information leads to an arrest.



PHOTO COURTESY OF FCPD

If you recognize the suspect, or if you have any information about this crime, contact Major Crimes Bureau at 703-246-7800.

AREA ROUNDUPS

Two Fatal Crashes in Fairfax Station

Crash Reconstruction Unit continues to investigate a fatal crash Monday night, Dec. 31, in Fairfax Station. Officers responded to the Fairfax County Parkway near New Road around 8:45 for a crash involving two cars. A preliminary investigation revealed that Melanie McKenna, 20, of Centreville, was driving a 1996 Toyota Corolla southbound on the Parkway when she failed to ne-

gotiate a bend in the road, and went off the roadway to the left. She overcorrected and lost control, sliding across the roadway and driving into oncoming northbound traffic lanes. She collided with a 2015 Acura MDX.

McKenna died at the scene of the crash. The driver of the 2015 Acura, and two of McKenna's passengers were taken to a local hospital. Speed, alcohol

and drugs were not factors for the driver of the Acura, but detectives are still working to determine if any were a factor for McKenna according to FCPD. Anyone with information about this crash is asked to contact our Crash Reconstruction Unit at 703-280-0543. Detectives from the Crash Reconstruction Unit continue to investigate a fatal vehicle crash that occurred around 6:17 the morning of Dec. 26. Officers responded to Ox Road just prior to the

Fairfax County Parkway for a crash involving a car and a dump truck. A 2008 Acura sedan was traveling northbound on Ox Road when it struck the back of a dump truck which had slowed due to traffic at the light. The driver, Ryan Easterly, 28, of Dumfries, Va. was taken to a local hospital where he succumbed to his injuries. Neither speed nor alcohol appear to be factors. No charges are expected to the driver of the dump truck.

WEEK IN FAIRFAX

Shutdown Special at Tandoori Nights

During the current shutdown, Tandoori Nights in Fairfax is offering free, dine-in, buffet lunches to federal-government employees. This event runs from now until Jan. 11, Monday-Friday, from 11 a.m.-1 p.m., and is open to those showing their employee ID. (Soft drinks and alcoholic beverages aren't included). According to owners Shyam Lama and Raj Tamang, "We are immigrants to this great nation. We went to school, started families and businesses here. To us, the United States is sanctuary, a land of opportunity and, most importantly, our home. By offering the Tandoori Nights Shutdown Special, we want to recognize the important work our public servants do every day and give appreciation for their dedication." Tandoori Nights Fairfax is a family-owned, Indian and Nepalese restaurant at 10312 Willard Way in Courthouse Plaza.

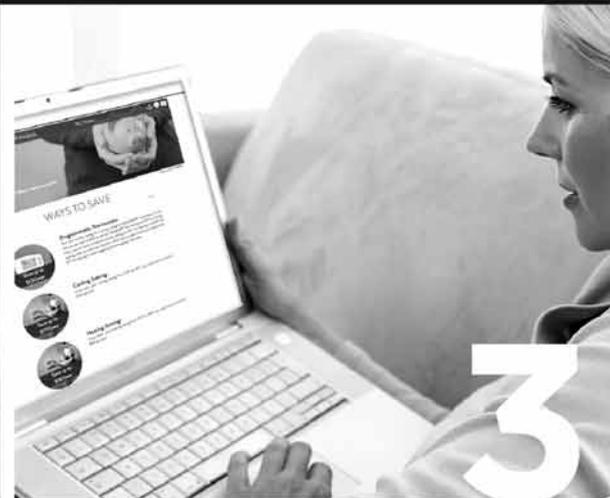
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Looking Forward To Challenges of 2019

FROM PAGE 2

also proud to have added language to the Virginia Association of Counties (VACo) Legislative Program that called for the reduction of greenhouse gas emissions by using renewable energy and removing the barriers to solar energy.

Transportation projects were also a focal point of mine, and Lee District won big this year. Our Lee District projects made up approximately 76 percent of the dollars the entire county received from the Northern Virginia Transportation Authority (NVTA). Out of this came funding for three projects — two on Richmond Highway and one in Springfield; these projects were awarded a combined \$402 million in state funding. The funding was allocated as follows: \$250 million to help fund the Richmond Highway BRT project; \$127 million to assist with the ongoing Richmond Highway widening and pedestrian improvement project;

and \$25 million to go towards the extension of Frontier Drive. These projects will provide better means of travel, and increase connectivity, something I'm always striving for.

As I reflect on our successes of 2018, I am even more excited to build upon them in 2019. The New Year presents a tremendous opportunity for us to continue the great momentum we've got going. As Chairman of the Board of Supervisors' Budget Committee, I am already working on balancing the FY20 budget.

I am very mindful of our ability to maintain services, and the ability of our residents to afford them. I am also particularly looking forward to advancements in education, revitalization, and transportation, and already am preparing to work with my colleagues as we continue to bring residents world-class services.

We adopted our 2019 Legislative Program in recent weeks, setting our priorities for working with the

state government for the upcoming 2019 General Assembly session. Included in the package was a request for legislation to allow for increased funding for transportation projects, including restoring dollars taken from the Northern Virginia Transportation Authority (NVTA) to address our gridlock challenges. We also advocated for more state K-12 education spending for our students. While we are a wealthy jurisdiction, we have approximately 55,000 students on free or reduced lunch (FRM). Only four school divisions in the entire Commonwealth have more total students than just that number of free and reduced-price meals. Most of our state delegation get this, but it's something we're committed to magnifying statewide in 2019.

I'm looking forward to continuing to strengthen the relationship between the Fairfax County Police Department and community through the implementation of reforms addressed in the Ad Hoc



Annual Bridge Walk 2018: The event brings neighboring communities together.

Police Reform Report, such as increased transparency and body-worn cameras. I'm also excited to see the continued success of One Fairfax and the SCYPT (Successful Children and Youth Policy Team), ensuring everyone in Fairfax County has an equal, equitable opportunity to live, work, learn, and play in Fairfax County.

AS 2019 BEGINS, I will continue our ongoing strategies to

revitalize Springfield and Route One including our continued work on the addition of the TSA and Lidl Grocery store as mentioned before. Our work on Embark is also at the forefront of my goals and ensuring that we continue to see that plan come through to fruition is of utmost importance to me. We have come so far over the last decade, and I cannot wait to see how far we'll go in 2019. Our momentum continues!

JANUARY 12TH REMODELING + DESIGN SEMINARS

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We Hope You Will Join Us!
Saturday, January 12th, 2019- 10am-2pm
 Where: Sun Design Corporate Office
 5795B Burke Centre Pkwy, Burke, VA 22015
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*Seminars run from 10am-12pm. Lunch to follow.
 Please arrive at 9:45am for check-in.
 Seating is limited!*

**RSVP: info@sundesigninc.com or
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Seminars:

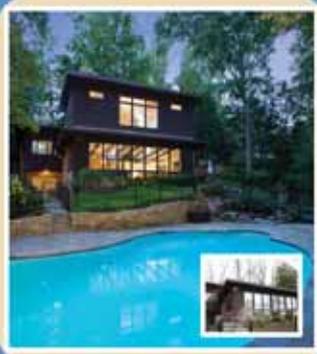
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Kitchen + Bath Trends



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- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Hemdon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Dakota Connection

WELLBEING

Thinking Outside the Box

Ideas for original and attainable goals for New Year's resolutions.

BY MARILYN CAMPBELL

With a new year often come new resolutions, be they six-pack abs by spring or giving up carnivore's diet and going vegan, but setting drastic or unrealistic goals can lead to failure. For New Year's resolutions that can bring change in overall wellbeing, whether physical, emotional or financial, local innovators say think outside the box and they offer unorthodox resolutions and minor actions that can have a major impact.

While spending a week or even a day without one's smartphone or tablet might be unrealistic given the constantly connected world in which we live, a digital dial-down might be more attainable. "How about spending five minutes each morning meditating or reading or doing stretches?" said Jen Pape, yoga iRest Level II teacher and studio manager at Circle Yoga.

"One simple and realistic thing to try in the New Year is right when you wake up, instead of ... reaching for your phone to scroll for the news of the day or checking how many likes to your Instagram, take a moment to identify something you are grateful for and a one word intention for the day," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College. "A word such as peace, centered, integrity or abundance can be returned to throughout the day. The research on gratitude and intention is strong and doing it just as you start your day can set the tone for the rest of the day."

Whether beginning or completing an undergraduate or graduate degree for professional advancement or simply taking a class that piques one's interest, consider education-centered goals. "I'm sure others can relate to this one," said Jacqueline W. Lee, director of the Inventive Awards Program at the University of Maryland. "Make a timeline and then set weekly or monthly goals." Ex-

amples of those goals might be resolving to complete and submit applications or scheduling informational interviews with three people in an area of one's interest.

From rough, dry hands to unsightly acne, skincare is important to one's overall wellbeing says Jaclyn Madden of Rodan + Fields who suggests resolving to take care of one's outer layer. "For a resolution that might be manageable ... I would suggest trying to commit to exfoliating your skin two to three times a week with a facial scrub to rid it of the old, dead skin and bring up the new skin and see a healthy glow," she said. "It also allows your skincare products to work deeper and more effectively."

A scroll through the pictures on most smartphones might reveal that many people have more snapshots than they'll ever be able to use. Resolve to organize those photos by taking small actions, suggests professional photo organizer Jody Al-Saigh of Picture Perfect Organizing. "Five minutes in a doctor's waiting room or in line at the grocery store is enough time to delete a few unwanted photos and duplicates from your phone," she said. "Try to remember to do this during your idle moments instead of scrolling social media or news sites."

"Resolve to plan a weekly or monthly time on your calendar to organize photos and backup your collection," added Al-Saigh. "Set reminder alarms to jog your memory. Always set a time after a big vacation or important event to offload photos as well."

While bringing order to chaos is a goal that many hope to achieve, getting to the bottom of the mound of paper on one's desk or cleaning out an overstuffed closet can feel insurmountable. "Resolve to put an empty bag in the bottom of every closet in your home and fill it with unwanted clothing as you come across them instead of waiting until you find time to go through your entire closet," said professional organizer Jodie Jacobs, of SOUPerior Organizing. "Set a date and actually go to a charity to drop off the bags of clothing you already decided to donate."

Jacobs added: "Resolve to start shredding your unwanted or sensitive papers once a week instead of waiting and creating an overwhelming amount that you then have to take somewhere and pay to shred."

Gary Kramer, D.D.S.
Sara Bunin, D.D.S.
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We didn't inherit the earth from our parents. We're borrowing it from our children.

—Chief Seattle (1788-1866)
Suquamish/Duwamish chief

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What everyone needs to know about divorce.

Start the New Year off with a plan. Empower yourself with knowledge! Join us for our Second Saturday Divorce Workshop and get the information, support and guidance from a family law attorney, a financial advisor, an estate planning attorney, and a family therapist (speakers vary for each workshop).

- Date:** Saturday, January 12, 2019
Saturday, February 9, 2019
Saturday, March 9, 2019
- Time:** 9:00-9:30a.m.-Registration
9:30-1:00 p.m.-Workshop
- Place:** Duff & Kronfeld, P.C.
Fair Oaks Commerce Center
11320 Random Hills Road/Suite 630
Fairfax, VA 22030
- No Fee**
Pre-registration recommended as space is limited.
- Online Registration**
www.secondsaturdaynova.com
- Email:** nduff@secondsaturdaynova.com
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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

ONGOING

Glass National 2018. Through Jan. 13 at The Workhouse Arts Center, Vulcan Gallery, W-16, 9518 Workhouse Way, Lorton. The Workhouse Arts Center presents its 3rd Annual Glass National exhibition. Glass National is a juried exhibition which promotes and displays the breadth of contemporary glass artwork being created throughout the USA and Canada by highlighting both functional and sculptural works. This year's juror is artist and educator Carmen Lozar, director of the Merwin and Wakeley Galleries at Illinois Wesleyan University. Visit www.workhousearts.org/event/glass-national-2018.

Founding Artists Exhibition.

Through Feb. 3 at The Workhouse Arts Center, Vulcan Muse Gallery, 9518 Workhouse Way, Lorton. A group exhibition highlighting Studio and Arches artists that have been a part of the organization for its 10-year span. In honor of their dedication and support, the exhibition will survey their works in various mediums including painting, sculpture, fiber, glass, precious metals, and mixed media. Visit www.workhousearts.org.

FRIDAY/JAN. 4

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

SATURDAY/JAN. 5

RECenter Swim Classes Start. The Fairfax County Park Authority offers youth swim instruction for babies to teens at nine RECenters throughout the county. Adults join their children in the pool in the early years. Kids go solo and advance through different instruction levels as they get older. For more information about the Park Authority's swim programs, call 703-222-4664 or visit fairfaxcounty.gov/parks/recenter/swimming.

JAN. 5-FEB. 28

Exhibit: Purchased Lives. 9 a.m.-5 p.m. daily (except major holidays) at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Purchased Lives is a traveling exhibition about the domestic slave trade from the Historic New Orleans Collection. The exhibit examines a complex and divisive period of American history and educating about the far-reaching economic and heartbreaking personal impact of the domestic slave trade. Look for The Washington Home of the Philippine Suffrage Movement March 3-31. Call 703-385-8414.

SUNDAY/JAN. 6

Winter Make 'n Take. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will celebrate the New Year with a Make 'n Take craft event. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

MONDAYS/JAN. 7

Try Girl Scouts. 6-7 p.m. at Abiding Presence Church, 6304 Lee Chapel



PHOTO COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

Fairfax Station Railroad Museum

The Fairfax Station Railroad Museum holds events most Sundays, 1-4 p.m. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. The Fairfax Station Railroad Museum is located at 11200 Fairfax Station Road, Fairfax Station. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

Road, Burke. Girls grades kindergarten to fifth grades are welcome to try four weeks (Mondays/Jan. 7, 14, 28, Feb. 4) of Girl Scout meetings on cybersecurity. They will meet the requirements for two new Girl Scout cybersecurity badges. Parent help will make it possible to start a new troop or girls may be matched with existing troops. \$25 for four weeks. Contact Cheryl Osborne at cosborne@gscnc.org or 703-372-4341.

TUESDAY/JAN. 8

Parktykes. 1:30-2:15 at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Youngsters have a natural fascination with the world around them. Give them new worlds to explore with the "Parktykes" program at Lake Accotink Park. Adult and toddler will join a Lake Accotink naturalist in the classroom and outdoors to discover the wonders of the natural world. This program is designed for budding explorers age 1-4. \$9 per child. Meet at the park's visitor center. Call 703-569-3464 visit www.fairfaxcounty.gov/parks/lake-accotink.

Try Girl Scouts. 6-7 p.m. at Sydenstricker United Methodist Church, 8508 Hooes Road, Springfield. First grade girls from Orange Hunt, Hunt Valley, and Sangster Elementary Schools are invited to participate in four Girl Scout Cybersecurity meetings (Jan. 8, 15, 22, 29). They will meet the requirements of two new Girl Scout cybersecurity badges. Parent help will make it possible to start a new troop. \$25 for four weeks. Contact Cheryl Osborne at cosborne@gscnc.org or 703-372-4341.

FRIDAY/JAN. 11

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com

or call 703-273-3638.

Bonita Lestina Performance Series.

8 p.m. in Old Town Hall, 3999 University Drive. Performer to be announced. Doors open 7:30 p.m. Free. Visit fairfaxva.gov/culturalarts or call 703-352-ARTS.

FRIDAY/JAN. 18

Family Movie Night: "Paddington 2." Lights go down at 7 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Enjoy a free, family friendly (movies are PG) movie night. Participants may bring their own snacks. An adult must accompany anyone under the age of 14. Britepaths will accept donations of non-perishable food until 9 p.m. Call 703-385-7858.

SUNDAY/JAN. 13

Game Day/Scavenger Hunt. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Come to the Fairfax Station Railroad Museum and play a Train Game or History Game as well as working on a Scavenger Hunt. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

Learn from History Lectures. 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Freedom is Not Enough: African Americans in Antebellum Fairfax County. Call 703-385-8414.

FRIDAY/JAN. 18

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

SATURDAY/JAN. 19

Pet Adoption Event. 11 a.m.-2 p.m.

at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet.

Country-Western Dance. 6-9:30 p.m. at Accotink Universalist Unitarian Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a dance with lessons, 6-7 p.m. and open dancing, 7-9:30 p.m. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit www.nvcwda.org.

SUNDAY/JAN. 20

Garden Gauge (G Scale) Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, Virginia, and Maryland Garden Railway Society will hold their annual Garden Gauge Model Train Show at the Fairfax Station Railroad Museum. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

FRIDAY/JAN. 25

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

Bonita Lestina Performance Series.

8 p.m. in Old Town Hall, 3999 University Drive. With IONA Celtic Fusion. Doors open 7:30 p.m. Free. Visit fairfaxva.gov/culturalarts or call 703-352-ARTS.



COURTESY OF EC PHOTOGRAPHY

Author Jacqueline Carey at the 2017 Longest Night Midwinter Masque in Hershey, Pa.

Longest Night Masque

New York Times bestselling author Jacqueline Carey will be appearing at The Longest Night Midwinter Masque. Join us for an evening plucked straight from Terre d'Ange and dropped in Fairfax. Saturday, Jan. 5, 8 p.m.-1 a.m. at Hyatt Regency Fairfax, 12777 Fair Lakes Circle, Fairfax. \$100. Event weekend includes a Friday evening private reception with the author 7-9 p.m. (additional \$50 ticket required) and Sunday brunch 8 a.m.-noon (additional \$30 ticket required). All events are 21+. Visit thelongestnightmasque.com for more.

SATURDAY/JAN. 26

Learn from History Lectures. 2 p.m. at Historic Blenheim, 3610 Old Lee Highway. The War Outside My Window: The Civil War Journals of LeRoy Wiley Gresham, 1860-1865. Call 703-591-0560.

Reminiscences. 7-8 p.m. at Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax. After winning first prize at the Golden Classical Music Awards International Music Competition and making his debut performance at Carnegie Hall, concert pianist Mark Irchai returns to the DC-metro area. He will offer "Reminiscences" – a solo piano recital of music written by composers in reflection on their pasts. Free. Visit markirchai.com.

THURSDAY/JAN. 31

Adults' BYOG Night. 7-8:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. BYOG = Bring your Own Game – come to the library with your favorite board game or card game to share. Adults only. Free. Call 703-978-5600 or visit librarycalendar.fairfaxcounty.gov/event/4741919.

FRIDAY/FEB. 1

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638.

SATURDAY/FEB. 2

Dog Park Grand Opening. 9 a.m. at the Fairfax City Dog Park, 11000 Berry St., Fairfax. City residents, both two-legged and four-legged, are invited to the grand opening ceremony for the Fairfax City dog park on the former Westmore Elementary School site. Call 703-385-7858.

ENTERTAINMENT

'Man of La Mancha' in Lorton

Workhouse Arts Center presents 17th century tale of hope

By STEVE HIBBARD
THE CONNECTION

With a cast of 12, the Workhouse Arts Center in Lorton is presenting "Man of La Mancha," the classic tale of hope, from now through Jan. 13, 2019. Inspired by Miguel de Cervantes' 17th-century masterpiece "Don Quixote," the play celebrates the perseverance of a dying old man who refuses to relinquish his ideals or his passion. A musical with 20-some songs, the score includes "The Impossible Dream," which found its own life after the production, having been recorded by many major popular vocalists. The show is directed and choreographed by Jeff Davis and Mary Payne, with musical direction by Merissa Driscoll.

Miguel de Cervantes, aging and an utter failure in his varied careers as playwright, poet and tax collector, sits in a Seville, Spain dungeon with his manservant, awaiting trial by the Spanish Inquisition for an offense against the Church.

THE OTHER PRISONERS set up a mock trial: if Cervantes is found guilty, he will hand over all his possessions. Cervantes agrees to do so, and offers his defense in the form of a play, and in doing so the classic tales of adventure of the errant and noble knight Don Quixote unfold.

Mary Payne, 53, of Manassas is playing the role of Aldonza, one of the three main characters. "Aldonza starts out as a prisoner and Cervantes comes in and starts putting a show together and uses the prisoners," she said. "He uses Aldonza as the serving maid in this Inn and then he is playing a character that is a little bit touched in the head, and he sees her as Dulcinea, his beautiful lady. She's actually dirty with ripped up clothes but in his mind she's a beautiful lady — the damsel in distress. So, throughout the show she's trying to understand why he sees her this way and he ends up pulling her in and she revels in the whole thing."



John Hollinger who plays Cervantes in "Man of La Mancha" rehearses a song with the band.

Payne said the role is very challenging to play vocally. "The range is a very low belt to a high soprano. It plays the gamut during the whole show. It's also very emotional in that there's an abduction but she's basically gang-raped and

it's challenging emotionally," she said.

For audience takeaways, she said: "I would hope that (audiences) would take away the fact that there's always hope no matter what you're going through. You have to see the good and look for the positive and move toward that."

John Hollinger, 63, of Fredericksburg, plays role of

Cervantes. "He is the poet who is thrown in jail and the other prisoners put him on trial. In order to defend himself, he puts on the show to prove that he's a playwright and to demonstrate man's better nature," he said. "It's about a guy putting on a play set in a prison."

He added: "Here we have this great location (the former Lorton Prison) that lends itself perfectly to this show. This is also a big show. It's very nice that it's presented in this intimate style."

AS FAR AS CHALLENGES, he said: "It's a large role in terms of dialogue. But we had a good, long rehearsal process and it's a big role, and I was able to rehearse a lot and ease my way into it. I've just had a real good time. It's a beautiful show. These young folks have worked so hard. They bring

a lot of effort to the show. It's a very rewarding experience."

For audience takeaways, he said: "I guess most of all I hope that they enjoy it and are entertained by it and moved by the profound humanity of the whole thing. I think we bring it across very well. It's a big show. It encompasses the whole heart — the human condi-



The cast of Workhouse Arts Center's "Man of La Mancha" gets some stage direction during rehearsals before a show.

tion. They can take away many things but I hope they enjoy it."

The Workhouse Arts Center, now in its third season of producing plays, is presenting "Man of La Mancha" from now through Jan. 13, 2019. Tickets are \$20-\$35. Show times are Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m. Limited seating, advance

ticket reservations are recommended for this event. Reserved tickets may be collected at Will Call beginning 30 minutes prior to event; doors open for seating 30 minutes prior. The venue is located at Workhouse Arts Center, 9518 Workhouse Way, Building W-3, Lorton. Visit the website: www.workhousearts.org.

To Go

The Workhouse Arts Center, now in its third season of producing plays, is presenting "Man of La Mancha" from now through Jan. 13, 2019. Tickets are \$20-\$35. Show times are Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m. Limited seating, advance ticket reservations are recommended for this event. Reserved tickets may be collected at Will Call beginning 30 minutes prior to event; doors open for seating 30 minutes prior. The venue is located at Workhouse Arts Center, 9518 Workhouse Way, Building W-3, Lorton. Visit the website: www.workhousearts.org.

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NEWS

From left: Steven Davis, President and CEO, DGSC Group; Rocky Mitchell, Executive Vice President, Global Fixed Assets, PenFed Credit Union; Gerald L. Gordon, Ph.D. President and CEO, Fairfax County Economic Development Authority; Darrell Green, Associate Athletic Director, George Mason Athletics.



PHOTO CONTRIBUTED

PenFed Credit Union Donates \$50,000 Challenge Grant to GMU Scholarship Fund

On Dec. 5, PenFed Credit Union made a challenge grant of \$50,000 to start the Dr. Gerald Gordon Scholarship Fund at George Mason University. The donation was presented by Rocky Mitchell, PenFed Executive Vice President of Global Fixed Assets, during a celebration hosted by the Fairfax County Economic Development Authority (FCEDA) Commission in honor of Dr. Gerald Gordon's 35 years of service to Fairfax County.

The evening event honored Dr. Gordon who is retiring after serving as president and CEO of the FCEDA in Fairfax County. PenFed's Mitchell is a member of the FCEDA Commission, the Authority's governing body, and served with Dr. Gordon for the past three years.

"Jerry is an asset to Fairfax County and indeed all of Virginia," said Mitchell. "He was instrumental in PenFed's acquisition of our new Tysons headquarters and has supported many of our key initiatives.

PenFed's President and CEO, James Schenck, and our entire Executive Team feel this challenge grant is a most appropriate way to celebrate Jerry's legacy."

Dr. Gordon taught at George Mason University, Catholic University, the University of Maryland, and Virginia Commonwealth University. In the last decade Dr. Gordon has chaired the boards of the Fairfax Symphony, the Arts Council of Fairfax County, the Foundation for Fairfax County Public Schools and the George Mason University Honors College. He also has served on the board of the International Economic Development Council and is a Fellow Member and Honorary Life Member of the organization.

The event was held at the Tower Club, Tysons Corner in Tysons, Virginia. Attendees included many from the Fairfax County business community and Fairfax County government.

To learn more about PenFed Credit Union, visit PenFed.org

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

VOLUNTEER DRIVERS NEEDED.

The Shepherd's Center of Fairfax-Burke needs volunteer drivers for trips to medical appointments (Monday - Friday) and companion shopping (Tuesday, Friday) within the Fairfax-Burke area and in the South County area (west of Route 1, Alexandria). Office volunteers are also needed to work in the SCFB (Olley Glen) office to schedule rides. Bilingual volunteers (English and Spanish) are needed as drivers and office volunteers. Email Shavaun Wall at recruiter@scfbva.org or call 703-323-4788.

TUESDAY/JAN. 8

Research Discussion and Q&A. 3:15-4:15 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. There's so much information available online that it's hard to know where to even begin. Join us for a discussion with Brigid Reynolds, a Research Investigator with the Memory Disorders Program at Georgetown University, to learn more about current research and the latest clinical updates. Those living with MCI or early stage dementia and their care partners are welcome to bring their questions. Respite will be available. Contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

TUESDAY/JAN. 8-FEB. 19

Workshop Series: Mind in the Making. 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen

Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

- ❖ Tuesday, Jan. 8 - Focus and Self Control (part 1)
- ❖ Tuesday, Jan. 15 - Perspective Taking (part 2)
- ❖ Tuesday, Jan. 22 - Communicating (part 3)
- ❖ Tuesday, Jan. 29 - Making Connections (part 4)
- ❖ Tuesday, Feb. 5 - Critical Thinking (part 5)
- ❖ Tuesday, Feb. 12 - Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 - Self-Directed, Engaged Learning (part 7)

WEDNESDAY/JAN. 9

Grant Application Deadline. More than 50 artists have been recognized by ARTSFAIRFAX with an Artist Grant over the past decade. Artist Grants recognize outstanding achievement for work that has already been completed, the artist's commitment to an artistic discipline, their professional activity in Fairfax County and their contributions to the quality of life in Fairfax County. Learn more at ARTSFAIRFAX.org.

THURSDAY/JAN. 10

Adventures in Learning Open House. 10 a.m.-noon at Unitarian

Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Road, Oakton. Adventures in Learning winter 2019 classes begin Thursday Jan. 17 and run through March 14. Classes are held at UUCF/Oakton. Students may attend one or all classes for one \$45 fee and are encouraged to create their own schedule - attend classes all day or attend only one class. Students are welcome to sample one class for free. For details call 703-281-0538 or visit www.scov.org/ail-open-house for an application and class schedule.

FRIDAY/JAN. 11

Coping Strategies for Anxious Children. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. The National Institute of Mental Health (NIMH) will present this workshop for parents of anxious children ages 8-17. Highlights include how to help children with anxiety, when anxiety becomes a disorder, strategies for treating specific anxiety disorders and stress reduction tools. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

GrandInvolve Community

Meeting. 1-3 p.m. at the Richard Byrd Library, 7250 Commerce St., Springfield. Learn what a typical day in Lee District Title 1 Elementary Schools looks like. GrandInvolve volunteers will be present to talk about their experiences and share heartwarming stories of their time with Fairfax County's youngest

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BULLETIN BOARD

FROM PAGE 10

students. If FCPS schools are closed or delayed this event will be canceled. Contact info@grandinvolve.org or visit www.grandinvolve.org.

TUESDAY/JAN. 15

ESL Class Registration. 7 p.m. at Lord of Life Lutheran Church, at the Fairfax Campus, 5114 Twinbrook Road, Fairfax or at the Clifton/Centreville Campus, 13421 Twin Lakes Drive, Clifton. English classes for speakers of other languages Tuesdays and Thursdays, Jan. 22-April 11. All are welcome. Registration fee, \$15; text book, \$25. Call 703-323-9500 or visit www.lordoflifeva.org.

THURSDAY/JAN. 17

Lunch N' Life. Noon-2 p.m. at Fairfax Presbyterian Church, 10723 Main St., Fairfax. Lunch N' Life is sponsored by the Shepherd's Center of Fairfax-Burke for those 50 and older. Members of the Dar Al-Hajrah Islamic Center speaking of the fundamentals of Islam in the USA. For reservations, call Bea Stephenson at 703-273-5730 by Jan. 11. \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. Visit www.scfbva.org for more.

SATURDAY/JAN. 19

Town Hall Meeting. Noon at Hayfield Elementary School, 7633 Telegraph Road, Alexandria. State Senators Scott Surovell, Adam Ebbin and George Barker with Delegates Paul Krizek and Mark Sickles will host a town hall. Individuals will have the opportunity to hear about progress in Richmond and ask questions about legislation as the legislative process happens.

WEDNESDAY/JAN. 23

Remove Sentimental Items. Friends and family members who have placed items on grave sites in the City of Fairfax Cemetery are asked to remove items with sentimental value by Jan. 23, before city staff launch cemetery maintenance the following day. Placement of decorative objects and floral decorations on city cemetery graves will again be permitted beginning Jan. 26. Call 703-385-7997.

Introduction to Special Education. 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. This workshop is provided for parents new to special education. Topics covered included: what is special education, early intervention resources and services, the special education process, 504 plans, and Individual Education Plans (IEP). Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

FRIDAY/JAN. 25

Health Care College and Career Fair. 9 a.m.-noon at Falls Church High School, 7521 Jaguar Trail, Falls Church. This free college and career fair is open to all FCPS high school students interested in health care education and as a future career. Representatives from colleges offering health care-related curriculum, health care professionals, and military representatives who specialize in medicine will be in attendance. Free online registration is available for students. Colleges and health care professionals can also register online. Visit www.fcps.edu/news/falls-church-academy-host-health-care-college-and-career-fair for more.

SATURDAY/JAN. 26

Workshop: "Journey through Grief." 2-4 p.m. at Haven of Northern Virginia, 4606 Ravensworth Road, Annandale. Winter Workshop, "Journey through Grief." Snow date is Feb. 9. Free. Registration is requested. Call 703 941-7000, email Haven at havenofnova@verizon.net or visit www.havenofnova.org.

SATURDAY/FEB. 2

Town Hall Meeting. 1 p.m. at South County High School, 8501 Silverbrook Road, Lorton. State Sen. Scott Surovell and Del. Kathy Tran will host a town hall meeting. Individuals will have the opportunity to hear about progress in Richmond and ask questions about legislation as the legislative process happens.

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You're In My Thoughts



By KENNETH B. LOURIE

Though this column will have been written before Christmas, its content will be about Christmas (as you'll soon read), and because of early deadlines as well for our Jan. 2 edition, it needs to be submitted sooner rather than later anyway.

As you regular readers may remember the timing conflict - and concern - I had involving my pre-Thanksgiving infusion in addition to the impact of this last quarter's every-three-week-in-fusion schedule would have on the holiday season, fortunately, Christmas was not to be affected.

As scheduled, my last chemotherapy infused on Dec. 7 so by the time Dec. 24/25 arrives, there will be no side or straight-on effects. No problem sleeping. No problem getting up. No problem eating. And no problem driving the two-plus hours up and back to our holiday destination.

However, this column wouldn't be written if there weren't a situation of some substance I felt worthy of 600 words or so.

Because my last infusion occurred when it did, the next infusion is scheduled for Dec. 28. That Friday date means I'll have to contribute blood (lab work) and a collection of the previous 24 hours of urine on Wednesday, Dec. 26 (I'll be back home so that's not the problem). The problem is that I will have had to collect and keep cold urine beginning first thing-ish on Tuesday, Christmas day, a day when for the next 8+ hours I will be in someone else's house eating, drinking and making merry - and more importantly, be away from the privacy of my own bathroom and the at-home convenience of collecting urine in a bottle and keeping it cold.

Not that I intend on making a big production of it on Christmas Day, but I will be bringing a cooler with me and likely needing to place it in a very public bathroom in the house or another less obvious place that I'll be visiting half a dozen times throughout the day.

Moreover, to make sure I can provide a sufficient volume, I'll need to bring along a gallon of Turkey Hill Diet Green Tea because it goes through me - unlike water and enables me to fill the specimen bottle to the top.

Which if my last few creatinine levels are any indication, and I want those levels to measure within an acceptable-for-infusion range, I need to drink as much of the tea as possible and visit that hopefully inconspicuous place as much as possible as well.

However, as I think about the transportation/storage of the urine and tea situation, I'm thinking I'm going to need two coolers; one for the urine bottle and one for my tea. Because I certainly don't want the two bottles in the same cooler or God forbid, touching one another. I may not be a germaphobe, but I really don't think I'll be able to drink my tea if it's stored in the same cooler.

And I certainly don't want to impose on my host's hospitality by asking her to store either of these bottles in her refrigerator likely already packed-to-the-gills with dinner prep.

As much as I can, somehow, I want to keep a low profile and not be interjected into any of the proceedings/conversation. (Not that I'd be embarrassed since everyone in the house is family and familiar with my diagnosis/general circumstances.)

When the dinner/visit is over, we'll be driving home, coolers in trunk. If I need a rest stop, I'll have to pull over to use my bottle since I'm contributing until Wednesday morning, Dec. 26, after I'll have spent the night back at home. So Christmas won't be a total loss, as Thanksgiving nearly was, but it will be impacted nonetheless.

Still, if my creatinine level is low enough to once again enable me to be infused on Friday, Dec. 28, the awkwardness of the occasion/task will have been worth the trouble. (Besides, it was fodder for a column.)

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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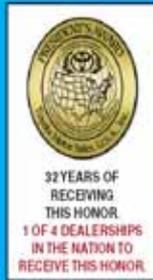
CHECK ENGINE LIGHT DIAGNOSIS NO CHARGE
INITIAL DIAGNOSIS

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Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

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